

Breeze Through A DAY WITHOUT TOBACCO

World No Tobacco Day
— Tuesday May 31, 2016 —

good morning!
Fight triggers by trying a different route to work!

lunchtime cravings?
Go to lunch with co-workers. Their support will help you resist cravings.

need more support?
Call to speak to a Quit Coach. Not in the program? Enroll today!

afternoon urge?
Try snacking on carrot sticks or chewing gum while the craving passes.

evening cravings?
Play with a rubber band or do a crossword puzzle until the craving passes.

YOU DID IT!

We can help you breeze through World No Tobacco Day when you take the first step and enroll in Quitline Iowa. Our trained Quit Coaches® will help you create a plan specifically tailored to your needs. We will give you the tools, knowledge, and confidence you need to deal with your triggers and stay quit. Plus, you'll get access to Web Coach®, an online community where you can track your progress and connect with other people trying to quit. You may even be eligible for free nicotine replacement therapy which includes a choice of patch, gum or lozenge.

Become one of the millions of people celebrating freedom from tobacco as part of World No Tobacco Day.

Enroll today.
1-800-QUIT-NOW (1-800-784-8669)
www.quitlineiowa.org



QUITLINE IOWA
1 800 QUIT NOW | 1 800 784 8669

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